

# MONARCH FLOUR



Pastry  
Recipes

RB344231



# MONARCH - FLOUR



## INTRODUCTION

This recipe book is offered to the public with the sincere desire that it may supply an ever-present demand for helpful information and definite instruction in the use of pastry flour. The recipes it contains have been carefully selected, tried and tested. If the methods are closely followed, the ingredients measured accurately, and the best material used, the result will be good. We have endeavored to select recipes which are economical, dainty and nutritious, and to present the methods in a most concise and clear manner, so that the experienced and inexperienced alike may be able to follow them with successful results.

We extend our thanks to the women of Toronto for the kind assistance they have lent us by contributing their favorite recipes. Many excellent recipes have been received in addition to those which we have been able to publish here.

Monarch Flour is recommended in the preparation of these recipes. Although flour is a material constantly used to prepare our foods, some people have not a clear idea of the proper use of pastry flour. Monarch Flour is milled from soft Ontario winter wheat, which is sown in the autumn and lives through the winter. It should



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be used for all flour mixtures, with the exception of those containing yeast. Bread flour is milled from hard spring wheat sown in the spring and reaped the same autumn. The difference between these flours may be readily determined. Pastry flour is soft and velvety to the touch, retains its shape and leaves the imprints of the fingers when squeezed in the hand. Bread flour has a gritty feeling and scarcely retains its shape when squeezed in the hand. Pastry flour is also whiter in color, inasmuch as the winter wheat from which it is made contains a larger proportion of white starch than gluten; mills located in Western Canada, where on account of climatic conditions soft varieties of winter wheat cannot be raised, try to maintain that their flour is suitable for pastry baking. Being made of spring wheat only, however, such flours are strong, harsh, flavorless as compared to Ontario winter wheat flours in pastry baking, and as they take much more shortening they are not economical.

Monarch Flour has a larger sale than any other pastry flour in Canada. The Campbell Flour Mills Co. manufacture Western spring wheat flours and advocate the use of such grades for bread or yeast buns, etc., but not for pastry, and it is recommended that when in need of flour you should tell your grocer which it is you desire—Monarch Pastry Flour, or "Cream of the West," the hard wheat flour that is guaranteed for bread.







## Table of Weights and Measures

A half pint cup is the standard. All measurements are made level, unless otherwise directed. To measure a cupful of dry material fill the cup with a spoon and level off with a knife. To measure a teaspoon or tablespoon of dry material dip the spoon in the material and level with a knife. Divide a teaspoon or tablespoon of dry material lengthwise if a half spoonful is needed. Divide a half spoonful crosswise to measure a quarter, and crosswise again to measure an eighth:

3	teaspoons make	.....	1	tablespoon
16	tablespoons make	.....	1	cup
2	cups make	.....	1	pint
4	cups make	.....	1	quart
4	cups flour (pastry) is equal to	.....	1	pound
2	cups butter (packed solidly) is equal to	.....	1	pound
2	cups granulated sugar is equal to	.....	1	pound
$2\frac{2}{3}$	cups powdered sugar is equal to	.....	1	pound
$3\frac{1}{2}$	cups confectioners' sugar is equal to	....	1	pound
$2\frac{2}{3}$	cups brown sugar is equal to	.....	1	pound
$2\frac{2}{3}$	cups oatmeal is equal to	.....	1	pound
$4\frac{3}{4}$	cups rolled oats is equal to	.....	1	pound
$2\frac{2}{3}$	cups cornmeal is equal to	.....	1	pound



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- $4\frac{1}{2}$  cups Graham flour is equal to ..... 1 pound  
 $3\frac{7}{8}$  cups whole wheat flour is equal to ..... 1 pound  
 $4\frac{1}{3}$  cups coffee is equal to ..... 1 pound  
2 cups finely chopped meat is equal to ..... 1 pound  
9 or 10 eggs is equal to ..... 1 pound  
1 square of chocolate is equal to ..... 1 ounce  
2 tablespoons of butter is equal to ..... 1 ounce  
2 tablespoons granulated sugar is equal to 1 ounce  
4 tablespoons flour is equal to ..... 1 ounce





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## Quick Breads

Best results are obtained by using Monarch Pastry Flour.

Use 2 teaspoons of baking powder to 1 cup of flour.

Soda and cream of tartar may be used instead of baking powder; use 1 part of soda to 2 parts of cream of tartar.

Soda is used instead of baking powder with sour milk; use  $\frac{1}{2}$  teaspoon soda to 1 cup sour milk.

Quick Breads are either batters or doughs.

1 measure of liquid with 1 to  $1\frac{1}{2}$  measures of flour makes a *Pour Batter*.

1 measure of liquid with 2 measures of flour makes a *Drop Batter*.

1 measure of liquid with  $2\frac{2}{3}$  measures of flour makes a *Soft Dough*.

1 measure of liquid with 3 measures of flour makes a *Stiff Dough*.

Eggs are beaten light and added to milk. Shortening may be cut into dry ingredients with a knife or worked in lightly with the tips of the fingers. Pans should be greased well before mixture is added.

### CHEESE TEA BISCUITS.

*Robina Johnston.*

3 cups Monarch Flour.

1 tablespoon lard.

1 teaspoon salt.

1 cup cheese (grated).

3 teaspoons baking powder.

$1\frac{1}{4}$  cups milk.

Mix as tea biscuit, adding cheese with shortening. Cut in small biscuits. Bake in hot oven 12 to 15 minutes.



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## OVEN SCONES.

*Mrs. Stephens.*

- |                              |   |
|------------------------------|---|
| 4 cups Monarch Flour.        | $\frac{3}{4}$ teaspoon baking soda.     |
| 3 teaspoons sugar.           | $\frac{3}{4}$ teaspoon cream of tartar. |
| $\frac{1}{2}$ teaspoon salt. | 2 tablespoons butter.                   |
| 2 teaspoons baking powder    | 2 tablespoons lard.                     |
| (heaping).                   | Buttermilk.                             |

Mix as tea biscuit. Shape into round cakes 8 inches in diameter and  $\frac{3}{4}$  inch thick; cut in four. Top and rounding edges may be glazed by moistening with milk before baking. Place in greased pan and bake in a hot oven 12 to 15 minutes.

## STRAWBERRY SHORTCAKE.

*Miss C. Buck.*

- |                              |                               |
|------------------------------|-------------------------------|
| 2 cups Monarch Flour.        | 4 teaspoons sugar.            |
| 4 teaspoons baking powder.   | $\frac{1}{4}$ cup shortening. |
| $\frac{1}{2}$ teaspoon salt. | $\frac{3}{4}$ cup milk.       |

Mix and sift dry ingredients twice. Cut in the shortening with a knife. Add the milk gradually until the mixture just clings to knife. Toss on floured board and shape the size of pan. Place on greased pan and bake in a hot oven 12 to 15 minutes. Remove from pan, split, butter and place crushed strawberries between layers. Place whole fruit on top. Serve with whipped cream or custard sauce.





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## CHELSEA BUNS.

*Mrs. Sword.*

- |                              |                                      |
|------------------------------|--------------------------------------|
| 2 cups Monarch Flour.        | $\frac{2}{3}$ cup milk.              |
| $\frac{1}{2}$ teaspoon salt. | 2 tablespoons sugar.                 |
| 4 teaspoons baking powder.   | $\frac{1}{3}$ teaspoon cinnamon.     |
| 2 tablespoons butter.        | $\frac{1}{3}$ cup raisins (chopped). |

Mix the first five ingredients as for tea biscuit. Roll to  $\frac{1}{4}$  inch thickness, brush over with melted butter and sprinkle with fruit sugar and cinnamon. Roll like a jelly roll; cut in slices  $\frac{3}{4}$  inch thick. Place on greased biscuit pans with cut surfaces up and down and bake in a hot oven 15 minutes.

## TEA BISCUITS.

*Mrs. Bilton.*

- |                            |                              |
|----------------------------|------------------------------|
| 3 cups flour.              | $\frac{3}{4}$ teaspoon salt. |
| 6 teaspoons baking powder. | 6 tablespoons butter and     |
| 1 cup milk.                | lard.                        |

Mix and sift dry ingredients. Cut in shortening with a knife. Add liquid, mixing with a knife. Turn out on floured board, roll to  $\frac{1}{2}$  inch thickness and cut. Bake in hot oven 10 to 12 minutes.

## DREAM BISCUITS.

*Mrs. G. N. Turner.*

- |                            |                              |
|----------------------------|------------------------------|
| 2 cups Monarch Flour.      | 2 tablespoons fat.           |
| 4 teaspoons baking powder. | $\frac{3}{4}$ cup milk.      |
|                            | $\frac{1}{2}$ teaspoon salt. |

Make as tea biscuit. Drop from tip of spoon on a greased pan and bake from 12 to 15 minutes in a hot oven.



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## RASPBERRY BUNS.

*Mrs. T. H. Sharpe.*

- |                              |                                    |
|------------------------------|------------------------------------|
| 2 cups Monarch Flour.        | $\frac{2}{3}$ cup butter and lard. |
| $\frac{2}{3}$ cup sugar.     | Grated rind $\frac{1}{2}$ lemon.   |
| $\frac{1}{2}$ teaspoon salt. | $\frac{1}{4}$ cup milk.            |
| 2 teaspoons baking powder.   | 2 eggs.                            |
| Raspberry jam.               |                                    |

Mix and sift dry ingredients, work in fat with tips of fingers, then add milk, well beaten eggs and lemon rind. Form into small cakes, placing a little jam in the centre of each. Cover in and pinch edges. Glaze with beaten egg and bake 15 to 20 minutes in moderate oven.

## FRUIT BUNS.

*Miss L. Reeve.*

- |                                |                       |
|--------------------------------|-----------------------|
| 5 cups Monarch Flour.          | 1 tablespoon lard.    |
| $1\frac{1}{4}$ cups sugar.     | 1 cup seeded raisins. |
| $1\frac{1}{2}$ teaspoons salt. | 1 cup currants.       |
| 6 teaspoons baking powder      | 1 egg.                |
| 1 tablespoon butter.           | 2 cups milk.          |

Mix and sift dry ingredients, cut in butter, add fruit, then gradually milk and well-beaten egg. Roll on a floured board to three-quarter inch in thickness. Cut with small cookie cutter, place on a greased pan, and bake in a hot oven 20 to 25 minutes.





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## BRAN BUNS.

*Miss D. R. Cowan.*

2 cups Monarch Flour.	2    teaspoons soda.
2 cups bran.	1½ teaspoon cream of tartar
¼ cup brown sugar.	3    tablespoons lard.
½ teaspoon salt.	2    tablespoons butter.
Buttermilk.	

Make as tea biscuit, allowing enough liquid to make a stiff batter. Drop from spoon on a greased pan and bake in a hot oven 15 to 20 minutes.

## BOSTON BROWN BREAD.

*Miss Eagle.*

1 cup Monarch Flour.	2 tablespoons brown sugar.
3 cups Graham flour.	1 teaspoon salt.
1 teaspoon soda.	2 tablespoons molasses.
½ teaspoon cream of tartar.	1 egg.
2 cups sour milk.	

Mix and sift flour, salt, sugar and cream of tartar. Add milk, molasses and beaten egg mixed together, then soda dissolved in a little warm water. Bake in greased tins one hour in a slow oven.

## SOUTHERN BEATEN BISCUITS.

*Mrs. B. Rupert Jackson.*

2 cups Monarch Flour.	$\frac{1}{3}$ cup lard.
1 teaspoon salt.	$\frac{3}{4}$ cup milk and water.

Mix and sift dry ingredients, cut in lard, then gradually the liquid (the dough should not be too soft). Put on a floured board and beat with rolling pin 30 minutes. Keep folding the dough over. Roll out  $\frac{1}{3}$  inch in thickness, cut with biscuit cutter, and prick with a fork. Bake about 20 minutes in a hot oven.

## QUICK FRUIT LOAF.

*Mrs. Wm. Johnston.*

4 cups Monarch Flour.	1 cup seeded raisins.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ cup chopped walnuts.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{4}$ cup peel.
4 teaspoons baking powder.	1 egg.
	$1\frac{3}{4}$ cups milk.

Mix and sift dry ingredients, add fruit and nuts, then gradually milk and well-beaten egg. Put in a well-greased pan, and let rise on back of stove for one-half hour. Bake in a slow oven one hour.



## NUT LOAF.

*Miss A. Ramger.*

4 cups Monarch Flour.	1 cup chopped nuts.
1 cup sugar.	1 $\frac{3}{4}$ cups milk or water.
1 teaspoon salt.	1 egg.
4 teaspoons baking powder.	2 tablespoons butter, melted

Mix and sift dry ingredients, add nuts, then gradually milk and well-beaten egg, and lastly the melted butter. Put into a greased pan, let rise for 20 minutes, and then bake in a slow oven for one hour.

## CORN BREAD.

*Mrs. A. Gallagher.*

$\frac{1}{2}$ cup Monarch Flour.	1 teaspoon cream of tartar.
1 cup cornmeal.	$\frac{1}{2}$ teaspoon soda.
3 tablespoons sugar.	1 tablespoon butter, melted
$\frac{1}{2}$ teaspoon salt.	1 egg.
	1 cup milk.

Mix and sift dry ingredients, add milk and well-beaten egg, then melted butter. Bake in a greased pan in a moderate oven twenty-five minutes.

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## GRAHAM BREAD.

*Mrs. T. W. Ball.*

- |                        |                        |
|------------------------|------------------------|
| 1½ cups Monarch Flour. | 1 teaspoon soda.       |
| 1½ cups Graham flour.  | 1½ tablespoons butter. |
| 4 teaspoons sugar.     | 1 egg.                 |
| ½ teaspoon salt.       | 1½ cups sour milk.     |

Mix and sift dry ingredients, cut in butter, then add milk and well-beaten egg. Put in a greased pan and bake in a slow oven for one hour.

## DATE GEMS.

*Mrs. K. M. McIntyre.*

- |                      |                               |
|----------------------|-------------------------------|
| 1 cup Monarch Flour. | 1 cup chopped dates.          |
| 1 cup Graham flour.  | 1 egg.                        |
| ½ cup brown sugar.   | 1 cup sour milk.              |
| ½ teaspoon salt.     | 1½ tablespoons butter, melted |
|                      | ½ teaspoon soda.              |

Mix and sift dry ingredients, add fruit, then milk and well-beaten egg, and lastly the melted butter. Bake in muffin rings in moderate oven about 20 minutes.

**This is one of the recipes for which a  
\$10 prize was given.**

## APPLE MUFFINS.

*Mrs. R. Lattimore.*

- |                            |                              |
|----------------------------|------------------------------|
| 2 cups Monarch Flour.      | 1 cup milk.                  |
| 2 teaspoons baking powder. | 1 egg.                       |
| ½ teaspoon salt.           | 1 cup chopped apple.         |
| 2 tablespoons white sugar. | 2 tablespoons butter, melted |
- Mix as one egg muffins, adding apple last.



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## MONARCH GEMS.

*Mrs. R. Hutchinson.*

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| $\frac{3}{4}$ cups Monarch Flour. | $\frac{1}{2}$ teaspoon cinnamon. |
| $1\frac{1}{2}$ cups Graham flour. | $\frac{1}{2}$ nutmeg (grated).   |
| 1 cup sugar.                      | 1 egg.                           |
| $\frac{1}{2}$ teaspoon salt.      | 1 cup buttermilk.                |
| 1 teaspoon soda.                  | 1 cup raisins (if desired).      |
| $\frac{1}{2}$ cup butter or lard. |                                  |

Mix and sift dry ingredients, add fruit if desired, then milk and well-beaten egg, and lastly the melted butter. Bake in buttered gem pans in a moderate oven 20 to 25 minutes.

## TWIN MOUNTAIN MUFFINS.

*Mrs. R. H. Walden.*

- |                                |                         |
|--------------------------------|-------------------------|
| $\frac{1}{3}$ cup butter.      | 1 egg.                  |
| $\frac{1}{4}$ cup white sugar. | $\frac{3}{4}$ cup milk. |
| $\frac{1}{4}$ teaspoon salt.   | 2 cups Monarch Flour.   |
| 4 teaspoons baking powder.     |                         |

Cream the butter, add the sugar gradually, then the beaten egg and milk. Mix well, then add the mixed and sifted dry ingredients. Bake in buttered muffin pans 25 minutes.

## RYE MUFFINS.

*Mrs. F. Kemp.*

- |                              |                              |
|------------------------------|------------------------------|
| 1 cup Monarch Flour.         | 2 tablespoons brown sugar.   |
| 1 cup rye meal.              | 1 cup milk.                  |
| 2 teaspoons baking powder.   | 1 egg.                       |
| $\frac{1}{2}$ teaspoon salt. | 2 tablespoons butter, melted |

Mix and bake as one egg muffin.

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## ONE EGG MUFFIN.

*Mrs. Campbell.*

1  $\frac{3}{4}$  cups flour. 1  $\frac{1}{2}$  teaspoons sugar.  
3 teaspoons baking powder.  $\frac{3}{4}$  cups milk.  
 $\frac{1}{2}$  teaspoon salt. 1 egg.  
1  $\frac{1}{2}$  tablespoons butter, melted

Mix and sift dry ingredients, add milk and beaten egg, then melted butter. Bake in greased muffin pans 25 minutes.

## POTATO SCONES.

*Mrs. R. Mansell.*

1 cup Monarch Flour. 1 teaspoon salt.  
1 cup mashed boiled potatoes. 1 teaspoon baking powder.  
1 tablespoon butter. Milk.

Mix dry ingredients together, rub in butter with tips of fingers, then add enough milk to mix to a soft dough. Cut in desired shape and bake in a hot oven 15 to 20 minutes. Serve hot with butter.

## POPOVERS.

*Miss C. Buck.*

1 cup Monarch Flour. 1 cup milk.  
 $\frac{1}{4}$  teaspoon salt. 1 egg.

Mix and sift dry ingredients, add milk gradually, then the well-beaten egg. Beat thoroughly for two minutes. Pour into hot greased muffin tins and bake from 30 to 35 minutes in a hot oven.



## SOUR MILK GRIDDLE CAKE.

*Mrs. W. P. Ell.*

2½ cups Monarch Flour.	2 cups sour milk.
½ teaspoon salt.	1 egg.
1¼ teaspoons baking soda.	1 tablespoon butter, melted.

Mix and sift dry ingredients, then add gradually milk, well-beaten egg and melted butter. Beat thoroughly. Bake on a hot greased griddle pan.

## CORNMEAL GRIDDLE CAKES.

*Mrs. Corbett.*

½ cup cornmeal.	2 cups sour milk.
½ teaspoon salt.	1 egg.
1 teaspoon soda.	Monarch Flour.

Mix and sift dry ingredients, then add gradually milk and well-beaten egg, and enough flour to make a thin batter. Beat thoroughly. Bake on a hot greased griddle pan.

## CORN FRITTERS.

*Mrs. A. J. DeCarle.*

1¾ cups Monarch Flour.	1 cup milk.
½ teaspoon salt.	2 eggs.
1 teaspoon baking powder.	1 can corn.

Mix and sift dry ingredients, add gradually the milk, well-beaten eggs and corn. Beat thoroughly. Bake on a hot greased griddle pan.

## POTATO PANCAKES.

- 1 large onion.
- 6 or 8 potatoes.
- 2 eggs.
- 1 teaspoon salt.
- Pepper.
- 1 tablespoon Monarch Flour

Grate potatoes and allow potato water to stand a few moments. Then pour off water and add starch to potatoes. Grate onion, season, add beaten eggs, flour and potatoes. Fry as pancakes on a hot greased griddle.

## RICE GRIDDLE CAKES.

- 2 cups boiled rice.
- 1 cup sour cream.
- $\frac{1}{2}$  teaspoon soda.
- $\frac{1}{2}$  teaspoon salt.
- 2 eggs.
- 1 cup Monarch Flour.
- 2 teaspoons baking powder.

Add cream to rice (hot or cold). Add salt and yolks of eggs. Sift flour, baking powder and soda, and add to first mixture. Fold in whites of eggs beaten stiff. Bake on a hot greased griddle.

## BUCKWHEAT GRIDDLE CAKES.

- 2 cups buckwheat flour.
- 1 cup Monarch Flour.
- 4 teaspoons baking powder.
- 1 teaspoon salt.
- Milk or water.

Mix and sift dry ingredients, and add milk or water to make a thin batter. Bake on a hot greased griddle.







## Puddings

### FRUIT PUDDING.

*Mrs. A. Mullins.*

2 cups Monarch Flour.	$\frac{1}{2}$ cup finely chopped suet.
4 teaspoons baking powder.	$\frac{1}{2}$ cup currants.
1 teaspoon salt.	$\frac{1}{2}$ cup seeded raisins.
$\frac{1}{2}$ teaspoon nutmeg.	$\frac{1}{2}$ cup milk.
	$\frac{1}{2}$ cup molasses.

Mix and sift dry ingredients, add suet and fruit; mix well and add milk and molasses mixed together. Turn into a greased mould, cover tightly and steam 3 hours. Individual moulds may be used, in which case 45 minutes is the time required. Directions for steaming: Keep water boiling rapidly. If it is necessary to add water, add boiling water, and replace lid as quickly as possible. Keep kettle closely covered. In steaming thin batters do not have water boiling too hard, as mixture is apt to rise quickly and then fall.

### CARROT PUDDING.

*Mrs. J. A. Macklin.*

1 $\frac{1}{2}$ cups Monarch Flour.	1 cup finely chopped suet.
1 teaspoon soda.	1 cup seeded raisins.
1 teaspoon salt.	1 cup currants.
1 cup brown sugar.	1 cup grated potatoes.
	1 cup grated carrots.

Mix and sift dry ingredients, add remaining ingredients and mix thoroughly. Steam as fruit pudding.

## MONARCH PUDDING.

*Mrs. Marguerite Minnes.*

$\frac{2}{3}$ cup Monarch Flour.	$\frac{2}{3}$ cup bread crumbs.
2 teaspoons baking powder.	$\frac{2}{3}$ cup finely chopped suet.
1 teaspoon salt.	$\frac{2}{3}$ cup milk.
$\frac{2}{3}$ cup sugar.	2 eggs.
$\frac{2}{3}$ cup dark colored jam	(plum or raspberry).

Mix and sift flour, baking powder and salt, add remaining dry ingredients and jam. Moisten with milk and beaten egg. Steam as fruit pudding. Serve with hard or vanilla sauce.

**For this recipe a prize of \$10 was given.**

## STRAWBERRY SOUFFLE.

*Mrs. Ellerbeck.*

3 tablespoons butter.	$\frac{1}{4}$ cup sugar.
$\frac{1}{4}$ cup Monarch Flour.	4 eggs.
1 cup milk (scalded).	2 cups strawberries.
$\frac{1}{4}$ teaspoon salt.	

Melt butter, add flour and mix thoroughly. Pour in gradually the scalded milk. Beat yolks of eggs till thick, and add sugar and salt. Combine mixtures and add whites of eggs beaten stiff. Wash strawberries, cut in halves, place in a pudding dish, and sprinkle with sugar. Cover with souffle and bake 35 to 40 minutes in a moderate oven.



## FIG PUDDING.

*Mrs. R. Mansell.*

- |                              |  |
|------------------------------|--|
| 1 cup Monarch Flour.         | 1 cup bread crumbs.                    |
| 1 teaspoon baking powder.    | $\frac{1}{2}$ cup finely chopped suet. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{2}$ cup figs (cut fine).     |
| 1 cup brown sugar.           | 1 lemon (juice and grated rind).       |
| 2 eggs.                      |  |

Mix figs, bread crumbs, sugar and suet, add lemon juice and rind. Mix and sift flour, baking powder and salt and combine mixtures. Add eggs well beaten. If not moist enough, add a little milk. Steam as fruit pudding. Serve with lemon sauce.

## RHUBARB PUDDING.

*Mrs. Klopp.*

- |                                    |                            |
|------------------------------------|----------------------------|
| $2\frac{1}{2}$ cups Monarch Flour. | 1 cup finely chopped suet. |
| 1 teaspoon soda.                   | 1 cup sour milk.           |
| $\frac{1}{2}$ teaspoon salt.       | Rhubarb (cut in pieces).   |
|                                    | Sugar.                     |

Mix and sift flour and salt, chop in suet with a knife, add sour milk in which soda is dissolved. Line a baking dish with part of the paste, fill with rhubarb and sprinkle with sugar. Cover with remaining paste. Steam as fruit pudding. Serve with caramel sauce.

## DATE PUDDING.

*Mrs. E. M. Inrig.*

- |                              |                              |
|------------------------------|------------------------------|
| 1 cup Monarch Flour.         | 1 cup grated bread crumbs.   |
| 1 teaspoon soda.             | 1 lb. dates (stoned and cut  |
| $\frac{1}{4}$ teaspoon salt. | fine).                       |
| 2 teaspoons cinnamon.        | $\frac{1}{2}$ cup sour milk. |
| 1 cup brown sugar.           | 1 tablespoon molasses.       |
| 1 cup suet.                  | 2 eggs.                      |

Mix and sift dry ingredients, add remaining ingredients and mix thoroughly. Steam as fruit pudding.

## MONARCH PLUM PUDDING.

*Mrs. M. J. Dodds.*

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 lb. Monarch Flour.                  | $\frac{1}{4}$ teaspoon cloves. |
| $\frac{1}{2}$ lb. brown bread crumbs. | $\frac{1}{4}$ teaspoon mace.   |
| 1 lb. chopped suet.                   | $\frac{1}{2}$ lb. almonds.     |
| $\frac{1}{2}$ lb. brown sugar.        | 1 lb. dates.                   |
| 1 teaspoon salt.                      | 3 lbs. currants.               |
| $\frac{1}{4}$ teaspoon soda.          | 2 lbs. raisins.                |
| $\frac{1}{2}$ teaspoon nutmeg.        | 1 lb. mixed peel.              |
| $\frac{1}{2}$ teaspoon cinnamon.      | 6 eggs.                        |
| $\frac{1}{2}$ teaspoon allspice.      | $\frac{1}{3}$ cup brandy.      |
| 1 cup cold water.                     |                                |

Mix suet, bread crumbs, sugar, almonds, spice and salt. Place fruit in a bowl and thoroughly mix with the flour. Combine mixtures. Add well-beaten eggs and soda dissolved in brandy. Add cold water. Place in well greased moulds, cover with buttered paper and cloth, put in kettle

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of boiling water, which reaches  $\frac{3}{4}$  way up the bowl, and steam 4 to 5 hours. Serve with hard sauce or lemon sauce.

**This recipe won the \$25 prize awarded for the best plum pudding.**

ROLY POLY. *Mrs. A. E. White*

2 cups Monarch Flour.  $\frac{2}{3}$  cup milk.  
4 teaspoons baking powder. 2 tablespoons butter.  
 $\frac{1}{2}$  teaspoon salt. Jam.

Make as tea biscuit. Roll  $\frac{1}{2}$  inch thick, spread with jam and roll. Steam 25 minutes. Serve with caramel or lemon sauce.

## ENGLISH PLUM PUDDING I.

*Mrs. R. A. Fletcher.*

1 lb. Monarch Flour. 1 dessert spoon cinnamon.  
1 lb. stale bread crumbs. 1 dessert spoon mixed spice.  
1 lb. brown sugar. 1 lb. seeded raisins.  
 $\frac{1}{2}$  teaspoon salt. 2 lbs. currants.  
5 eggs.  $\frac{1}{2}$  lb. mixed peel.  
1 lb. suet (chopped). 2 cups fruit juice.

Mix and sift flour, spices and salt. Add bread crumbs, sugar and finely chopped suet. Add cleaned and dried currants, seeded raisins and finely cut peel. Beat eggs and mix with fruit juice, then add to first mixture and mix thoroughly. Place in a floured cloth, tie tightly, leaving room for it to swell. Boil 6 hours. Place a plate in the bottom of kettle to prevent pudding from sticking. Serve with hard sauce or wine sauce.



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## ENGLISH PLUM PUDDING II.

*Miss M. Denniston.*

- |  |                               |
|--|-------------------------------|
| $\frac{3}{4}$ lb. Monarch Flour.         | $1\frac{1}{2}$ lbs. raisins.  |
| 1 teaspoon salt.                         | $1\frac{1}{2}$ lbs. currants. |
| 12 oz. brown sugar.                      | $\frac{3}{4}$ lb. mixed peel. |
| $\frac{3}{4}$ lb. stale bread crumbs.    | $\frac{1}{4}$ lb. almonds.    |
| 1 teaspoon grated nutmeg.                | 2 lemons (juice and rind).    |
| $1\frac{1}{2}$ lbs. finely chopped suet. | 1 orange (juice and rind).    |
| 2 apples (chopped).                      | 1 cup milk.                   |

12 eggs.

Beat eggs, add milk and pour over the remaining ingredients, which have been thoroughly mixed. Mix well. Place in greased moulds and steam, or tie in cloth which has been wrung out of boiling water and floured, and boil 12 hours. Serve with hard sauce or wine sauce.

## CRANBERRY PUDDING.

*Mrs. Cameron.*

- |                           |                                    |
|---------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter. | $3\frac{1}{2}$ cups Monarch Flour. |
| 1 cup sugar.              | 3 teaspoons baking powder          |
| 3 eggs.                   | $\frac{1}{2}$ cup milk.            |
| 2 cups cranberries.       |                                    |

Cream butter, add sugar, then eggs well beaten. Sift flour and baking powder, and add alternately with the milk. Wash dry and flour cranberries with some of the flour measured. Add to first mixture. Turn into a buttered mould and steam 2 hours. Serve with sweetened cream.



## DUTCH APPLE CAKE.

*Miss Laura Hunt.*

2 cups Monarch Flour.      4 tablespoons butter.  
 $\frac{1}{4}$  teaspoon salt.       $\frac{3}{4}$  cup milk.  
 4 teaspoons baking powder.      1 egg.  
 3 tablespoons sugar.      4 apples.

Mix and sift dry ingredients. Work in butter with tips of fingers. Beat egg, add milk and stir into first mixture. Quarter, core and pare the apples; cut in eighths. Arrange in rows on top of dough, pressing sharp edge in. Sprinkle with sugar and bake 25 minutes in a moderate oven. Serve with lemon sauce.

## SNOWBALL PUDDING.

*Mrs. Batho.*

$\frac{1}{3}$  cup butter.      1 cup Monarch Flour.  
 $\frac{1}{2}$  cup sugar.       $\frac{1}{2}$  cup cornstarch.  
 Whites 2 eggs.      1 teaspoon baking powder.  
 $\frac{1}{2}$  teaspoon lemon extract.

Cream the butter, add sugar gradually and milk. Mix and sift flour, cornstarch and baking powder, and add to first mixture. Add stiffly beaten whites of eggs and flavoring. Pour into buttered cups and steam 30 minutes. Turn out, roll in sugar. Serve with fruit preserves.

## CUP PUDDING.

*Mrs. A. R. White.*

$\frac{1}{2}$ tablespoon butter.	$\frac{1}{2}$ cup milk.
1 tablespoon sugar.	1 cup Monarch Flour.
1 egg.	2 teaspoons baking powder.
	$\frac{1}{4}$ teaspoon salt.

Cream butter, add sugar, well-beaten egg and milk. Mix and sift flour, baking powder and salt, and add to first mixture. Place sliced fruit or jam in buttered cups, allowing 2 tablespoons to a cup, and add batter. Steam 30 minutes.

## COTTAGE PUDDING.

*Mrs. Williamson.*

2 tablespoons butter.	$\frac{1}{4}$ cup milk.
$\frac{1}{2}$ cup sugar.	1 cup Monarch Flour.
1 egg.	2 teaspoons baking powder.
	Salt.

Cream the butter, add sugar, well-beaten egg and milk. Mix and sift flour, baking powder and salt, and add to first mixture. Turn into buttered pan and bake 25 minutes in a moderate oven. Serve with vanilla or caramel sauce.



## SPICE PUDDING.

*Mrs. J. F. MacIntyre.*

- |  |                           |
|--|---------------------------|
| $\frac{1}{2}$ cup butter.                              | $\frac{1}{4}$ cup milk.   |
| $\frac{1}{2}$ cup brown sugar.                         | 1 cup Monarch Flour.      |
| 1 egg.   | 1 teaspoon baking powder. |
| $\frac{1}{2}$ teaspoon each, nutmeg, allspice, cloves. |                           |

Cream butter, add sugar, then well-beaten egg and milk. Mix and sift flour, baking powder and spices, add to first mixture and beat well. Turn into a greased mould and steam 45 minutes.

## CHOCOLATE PUDDING.

*Mrs. G. Palin.*

- |                     |                            |
|---------------------|----------------------------|
| 1 cup sugar.        | 1 cup Monarch Flour.       |
| 3 eggs.             | 2 teaspoons baking powder. |
| 3 tablespoons milk. | 1 oz. chocolate (melted).  |

Beat yolks of eggs, add sugar gradually, then milk and melted chocolate. Beat thoroughly. Add flour and baking powder sifted together, and stiffly beaten whites of eggs. Steam 40 minutes in a buttered mould. Serve with vanilla sauce.

## KITCHENER PUDDING.

*Mrs. E. Clough.*

2 tablespoons butter. 2 cups Monarch Flour.  
 $\frac{1}{2}$  cup sugar. 1 teaspoon baking powder.  
 1 egg.  $\frac{1}{2}$  teaspoon salt.  
 $\frac{3}{4}$  cup raspberry jam.

Cream butter, add sugar and well-beaten egg. Mix and sift dry ingredients, add to the mixture and stir in the jam. Beat well. Pour into buttered mould and steam one hour.

## BROWN BETTY PUDDING.

3 cups apples (chopped). 2 tablespoons lemon juice.  
 $\frac{1}{2}$  cup sugar.  $\frac{1}{4}$  cup water.  
 $\frac{1}{4}$  teaspoon cinnamon. 2 cups buttered crumbs.

In a buttered pudding dish place  $\frac{1}{4}$  crumbs. Place apples in two layers with  $\frac{1}{4}$  crumbs between and the remaining  $\frac{1}{2}$  on top. Sprinkle each layer with sugar and spice. Add water and lemon juice before the top layer of crumbs. Bake one hour, covering for first part of cooking.

## RAISIN PUFFS.

*Mrs. H. Cleland.*

$\frac{1}{2}$ cup butter.	1 cup milk.
2 tablespoons sugar.	2 cups Monarch Flour.
1 egg.	2 teaspoons baking powder.
1 cup raisins (cut in pieces).	

Cream butter, add sugar, well-beaten egg, milk and flour and baking powder sifted together. Add raisins. Pour into buttered cups. Steam 45 minutes. This quantity makes 6 large puffs. Serve with lemon sauce.

## ORANGE PUFFS.

*Mrs. C. Chappell.*

1 teaspoon butter.	1 cup Monarch Flour.
$\frac{1}{4}$ cup sugar.	2 teaspoons baking powder.
1 egg.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ cup milk.	1 teaspoon grated orange rind

Mix as raisin puffs, adding rind last. Bake in buttered cups 15 minutes in a moderate oven. Serve with orange sauce.



## YORKSHIRE PUDDING.

*Mrs. R. Lattimor.*

2 cups Monarch Flour.      4 eggs (beaten separately).  
2 teaspoons baking powder.   2 cups milk.  
1 teaspoon salt.               Dripping.

Mix and sift dry ingredients, add milk mixed with yolks of eggs. Mix until smooth, then add stiffly beaten whites of eggs. Dip some of the fat from roasting pan into two biscuit pans. Pour half of mixture into each. Bake 30 minutes in a hot oven. Serve at once.

## DUMPLINGS FOR STEW.

*Mrs. Fred Poole.*

1 cup Monarch Flour.      2 teaspoons baking powder.  
 $\frac{1}{2}$  teaspoon salt.               Milk.

Mix and sift dry ingredients, add milk to make a very soft dough. Drop by spoonfuls into stew, which has been thoroughly cooked; cover at once, and cook gently from 10 to 15 minutes. The cover must not be removed while dumplings are cooking.

## Pudding Sauces

### LEMON SAUCE.

2 tablespoons Monarch Flour    1 cup boiling water.  
 $\frac{1}{2}$  cup sugar.    2 tablespoons butter.  
 1 lemon (juice and rind).

Mix sugar and flour, add boiling water, stirring constantly. Cook 5 minutes. Remove from fire and add butter and lemon juice.

### VANILLA SAUCE.

Make same as lemon sauce, using 1 teaspoon vanilla instead of lemon juice.

### CARAMEL SAUCE.

2 tablespoons Monarch Flour    1 cup boiling water.  
 1 cup brown sugar.     $\frac{1}{4}$  cup butter.  
 $\frac{1}{2}$  teaspoon vanilla.

Melt sugar and butter, stirring constantly until a golden brown. Add boiling water slowly, and stir until dissolved. Thicken with flour dissolved in 2 tablespoons cold water, and cook until there is no taste of raw starch. Add vanilla.

### WINE SAUCE.

$\frac{1}{4}$  cup butter.    2 tablespoons milk.  
 $\frac{1}{2}$  cup powdered sugar.    2 tablespoons wine.

Cream butter, add sugar gradually and milk and wine drop by drop. Heat over hot water.

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## HARD SAUCE.

$\frac{1}{3}$  cup butter.  $\frac{1}{3}$  teaspoon lemon extract.  
1 cup powdered sugar.  $\frac{2}{3}$  teaspoon vanilla.

Cream the butter, add sugar gradually and beat until smooth. Add the flavoring and chill.

## ORANGE SAUCE.

Whites 3 eggs. 2 oranges (juice and grated  
1 cup powdered sugar. rind).  
3 tablespoons lemon juice.

Beat whites of eggs until stiff, add sugar gradually, beating constantly. Add rind and fruit juices.

## CHOCOLATE SAUCE.

2 tablespoons Monarch Flour 1 tablespoon butter.  
2 squares chocolate. 1 teaspoon vanilla.  
1 cup sugar. 2 cups boiling water.

Melt the chocolate, add sugar, butter and flour, and gradually stir in the water. Cook 5 minutes, stirring constantly. Add flavoring.

## FOAMY SAUCE.

$\frac{1}{2}$  cup butter. White 1 egg.  
1 cup sugar.  $\frac{1}{2}$  cup boiling water.  
2 teaspoons vanilla.

Beat butter to a cream, add sugar gradually and white of egg beaten dry. Add boiling water and mix thoroughly.

## Doughnuts, Fritters, Etc.

### RULES FOR COOKING IN DEEP FAT.

Lard, beef suet, olive oil or cottonseed oil may be used alone or mixed. One-third beef suet and two-thirds lard is a good combination.

Have the fat deep enough to cover the food.

The fat should be smoking hot before food is added. Reheat the fat after each frying; otherwise food will absorb fat.

Articles of food to be fried are covered with egg and crumbs; or a batter, to prevent the absorption of fat.

To test the temperature for frying: When fat begins to smoke drop into it an inch cube from the crumb of a loaf of bread. If in 60 seconds it becomes golden brown the fat is right for batters, doughs and other uncooked foods. If it becomes golden brown in 40 seconds it is right for croquettes, oysters and other foods requiring little cooking. Drain all fried foods on brown paper. Fat should be frequently clarified.

To clarify fat: Melt fat, add a few slices of raw potato and heat slowly until fat ceases to bubble and potatoes are well browned; strain through cheesecloth.

To try out fat: Cut fat in small pieces, put it into a pan in the oven, and add enough cold water to cover; simmer several hours. When fat is melted and water nearly all evaporated, strain, pressing to obtain all the fat.



# MONARCH FLOUR

## DOUGHNUTS.

*Mrs. G. L. Davis.*

2 tablespoons butter, melted.	4 cups Monarch Flour.
1½ cups brown sugar.	1 teaspoon baking powder.
2 eggs.	¼ teaspoon ginger.
1 cup sour milk.	1 teaspoon nutmeg.
½ teaspoon soda.	1 teaspoon vanilla.

Cream the butter, add sugar gradually, and then well-beaten eggs. Add sour milk with soda dissolved in it; then add flour, baking powder and spices sifted together, and vanilla. If not stiff enough to roll, add more flour, but keep dough as soft as possible. Cut and fry in deep fat.

## COCOA DOUGHNUTS.

*Mrs. L. W. Edwards.*

1 tablespoon butter.	2 cups Monarch Flour.
½ cup sugar.	2 tablespoons cocoa.
1 egg.	2 teaspoons baking powder.
½ cup milk.	½ teaspoon salt.
1 teaspoon vanilla.	

Cream the butter, add sugar gradually and well-beaten eggs. Beat thoroughly, add milk. Sift one cup flour with baking powder, salt and cocoa, and add to first mixture. Then add flour to make stiff enough to roll and vanilla. Toss one-half of mixture on floured board; knead slightly and roll out to ¼ inch thickness. Shape with doughnut cutter, fry in deep fat, take out on skewer





or fork, and drain. Add trimmings to one-half remaining dough, roll shape, and fry as before; repeat. Cocoa may be omitted, and doughnuts may be made plain or with the addition of grated cheese.

## FRITTER BATTER.

*Mrs. H. Cartier.*

1 cup Monarch Flour.	2 eggs.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{2}$ cup milk.
2 tablespoons sugar (if desired).	1 tablespoon butter, melted.

Mix and sift dry ingredients. Add beaten eggs, milk and lastly melted butter.

## FAIRY PUFFS.

*Mrs. R. J. Taylor.*

$\frac{1}{4}$ cup butter.	4 eggs.
1 cup boiling water.	$\frac{1}{2}$ cup powdered sugar.
1 cup Monarch Flour.	$\frac{1}{2}$ teaspoon cinnamon.

Put butter and water in saucepan. When boiling point is reached add flour, stirring rapidly until a ball is formed which leaves sides of pan. Remove from fire, cool and add the eggs, unbeaten, one at a time, beating constantly. Beat 3 minutes after addition of last egg. Drop by small spoonfuls into hot fat, cook until puffs double in size and are golden brown. Drain and dust with powdered sugar and cinnamon sifted together.



## APPLE FRITTERS.

3 sour apples. Fritter batter.

Powdered sugar.

Quarter, core and pare apples, then cut in eighths, and once crosswise; stir into batter. Drop by large spoonfuls into hot fat, drain and dust with powdered sugar.

Note.—Peaches, pineapple and bananas cut in pieces or sections of oranges, may be added to batter and fried as apple fritters. Canned fruit (drained) may be used.

## CRULLERS.

2 eggs. 2 cups Monarch Flour.

$\frac{1}{2}$  cup sugar. 1 teaspoon cream of tartar.

$\frac{1}{4}$  cup cream.  $\frac{1}{2}$  teaspoon soda.

$\frac{1}{2}$  teaspoon salt.

Beat eggs, add sugar and cream, then mixed and sifted dry ingredients. Toss on a floured board, and roll  $\frac{1}{2}$  inch thick. Cut in rounds with a small round cutter; fry in deep fat. If desired the dough may be rolled to  $\frac{1}{4}$  inch thickness, and the rounds placed together with a small amount of jam between, pressing edges together close.

## Pastry

Pastry made well and eaten in moderation is not so harmful as is sometimes supposed.

### GENERAL RULES.

To make good pastry proper quantities and the best ingredients thoroughly chilled are essential. Pastry flour makes a more tender crust and requires less shortening than bread flour. Lard, butter, beef dripping or vegetable fats are used alone or in combination, depending on the quality of the paste desired. Lard makes a tender crust, whereas butter makes the crust flaky. If a flaky crust is desired do not cut the fat in too fine. Baking powder is sometimes used, and is sifted with the flour and salt. The shortening is chopped in with a broad knife, or may be rubbed in with the finger tips if they are cool. Mix to a stiff dough with cold water. If dough sticks to bowl or board, too much water has been used, causing a tough paste.

Lightness of touch and skill in handling the dough are important factors in the making of a good paste. Do not handle dough too much, but work as lightly and quickly as possible. The rolling board is best made of hard wood—smooth, clean and cold. Rolling pins of glass, in which ice is placed, are convenient. Dredge board and rolling pin slightly with flour, and roll evenly and lightly in one direction as much as possible. Fold dough towards you, pressing edges together, and then fold sides over, making three layers; turn half way around, pat and roll out;

repeat. This rolling and folding is usually repeated three times, the last time rolling to  $\frac{1}{4}$  inch thickness, the size and shape of the tin. The lightness of paste depends on the amount of air enclosed in folding and the expansion in baking. The upper crust should be cut in several places to allow steam to escape. If an under crust is to be baked without filling place on bottom of pie plate and prick all over with a fork so that it will retain its shape.

Bake on lower rack of oven until a golden brown. If oven is too hot the paste will brown before it is puffed. When paste has risen its full height, heat may be decreased. If a glossy crust is desired, brush over with white of egg or milk.

Paste may be chilled several hours, or over night, before using. It rolls more easily if set aside in a cool place after mixing.

#### PUFF PASTE.

*Mrs. Thos. C. Mitchell.*

1 lb. Monarch Flour.	1 pound butter.
1 teaspoon salt.	Ice water.

Wash the butter free from salt, patting to remove all the water. Sift flour and salt, then add ice water to make a stiff dough. Roll out  $\frac{1}{4}$  inch thick, place butter in the centre of dough and fold like an envelope. Roll out, sifting a little flour wherever butter appears. Fold and allow to stand a short time in a cold place. Repeat twice. Bake in a hot oven, decreasing heat when paste is well puffed to prevent burning.

## SOUR MILK PASTE.

*Mrs. Hopkins.*

4 cups Monarch Flour.      1 cup shortening (half butter  
1 teaspoon soda.              and half lard).  
 $\frac{1}{8}$  teaspoon salt.              Buttermilk or sour milk.

Sift the flour, soda and salt, then cut in the shortening with a case knife. Add buttermilk to make a stiff dough. Finish as plain paste.

## PLAIN PASTE.

*Mrs. C. J. Ackinson.*

3 cups Monarch Flour.      1 cup shortening (half butter  
1 teaspoon salt.              and half lard).

Cold water.

Sift the flour and salt, then cut in the shortening with a case knife. Add cold water gradually to make a stiff dough. Toss on a slightly floured board, roll out  $\frac{1}{4}$  inch thick and fold towards you. Now fold sides over, making three layers, turn half way around, pat and roll out; repeat. This amount will make 2 pies. If a flaky paste is desired the butter may be placed on the paste and rolled in.

## PASTE WITH BAKING POWDER.

*Mrs. Jas. Sutherland.*

$2\frac{1}{2}$  cups Monarch Flour.       $\frac{1}{2}$  cup butter.  
2 teaspoons baking powder.       $\frac{1}{2}$  cup lard.  
 $\frac{3}{4}$  teaspoon salt.              Cold water.

Make as plain paste, sifting baking powder with other dry ingredients.



## RICH PASTE.

*Mrs. W. M. Brodic.*

2 cups Monarch Flour.       $\frac{1}{2}$  cup butter.  
 $\frac{1}{2}$  teaspoon salt.               $\frac{1}{2}$  cup lard.  
 1 tablespoon lemon juice.    Cold water.

Sift flour and salt, then cut in lard with a knife or work in with finger tips. Turn out on floured board and roll lightly until pieces of lard are flat. Place in bowl and with two forks toss mixture to enclose the air. It is best to work in the open air or a draught. Add lemon juice and water to form a stiff dough. Divide butter into three parts. Roll and fold dough as in plain paste, add one-third butter each time, dredging lightly with flour. Dough may be kept in a cold place and used as needed.

## PASTE WITH LARD.

*Mrs. L. W. Edwards.*

1  $\frac{1}{4}$  cups Monarch Flour.    6 tablespoons lard.  
 $\frac{1}{3}$  teaspoon salt.              Cold water.

Mix and bake as plain paste.

## FRENCH PASTE.

4 cups Monarch Flour.      1 teaspoon salt.  
 1 cup powdered sugar.      3 eggs.

Mix and sift dry ingredients and mix to a smooth paste with the eggs; if too dry to shape add the yolk of another egg. Roll out and cut. This is more digestible than a short crust.

## PATTY CASES.

Roll puff paste  $\frac{1}{4}$  inch thick, shape into rounds with a floured biscuit cutter. Remove centres from one half the rounds with a smaller cutter, leaving the rim about  $\frac{1}{2}$  inch wide. Brush the edges of the whole rounds with cold water, and fit a rim on each, pressing gently. Chill thoroughly before baking. Place on a baking sheet covered with brown paper, and bake in a hot oven 25 minutes. The shells should rise to their full height in 12 to 15 minutes. When baked, remove the soft part from centres and fill with creamed chicken, creamed oysters, or mushrooms. Salad or fresh fruit may be served in patty cases if desired.

## RHUBARB PIE.

2 cups rhubarb. 2 tablespoons Monarch Flour  
1 cup sugar. 1 egg.

Remove skin and cut rhubarb in small pieces. Mix sugar, flour and egg; add to rhubarb, and bake with an upper crust. Rhubarb may be scalded to remove some of its acidity, in which case less sugar is required.

## CHERRY PIE.

Cherries (washed and stoned) 3 tablespoons Monarch  
White 1 egg. Flour.  
 $\frac{1}{2}$  cup sugar.

Line pie plate with paste, and over bottom spread slightly beaten white of egg. Fill with cherries and sprinkle with sugar and flour. Bake with an upper crust.

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## APPLE PIE.

4 or 5 tart apples. 1 teaspoon butter.  
 $\frac{1}{2}$  cup sugar. 1 teaspoon lemon juice.

Wipe, quarter, core and pare apples and cut in slices. Place in pie plate which has been lined with paste. Sprinkle with sugar and lemon juice, and dot over with small pieces of butter. Cover with upper crust, press edges together, and bake until well browned. Cinnamon or nutmeg may be substituted for lemon.

Apples may be packed in a deep earthenware plate and baked without an undercrust.

## LEMON PIE.

$\frac{3}{4}$  cup sugar. Yolks 2 eggs.  
 $\frac{1}{2}$  cup Monarch Flour. 3 tablespoons lemon juice.  
1 cup boiling water. 1 teaspoon butter.

Grated rind 1 lemon.

Mix flour and sugar, add water and cook 15 minutes, stirring constantly. Add butter and yolks of eggs, and cook until eggs have thickened. Add lemon juice and rind, and cool slightly before filling baked crust. Cover with meringue made of whites of 2 eggs and 2 tablespoons icing sugar, and brown.

## CUSTARD PIE.

2 eggs. Salt.  
 $\frac{1}{4}$  cup sugar.  $1\frac{1}{2}$  cups milk.

Beat eggs slightly, add sugar, salt and milk. Fill uncooked crust and bake in a slow oven.

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## PUMPKIN PIE.

2 cups steamed and strained pumpkin.  
2 cups milk.  
3 eggs.  
 $\frac{3}{4}$  cup brown sugar.  
1 teaspoon cinnamon.  
2 teaspoons salt.  
 $\frac{1}{2}$  teaspoon ginger.

Mix sugar, salt and spice, add pumpkin, eggs beaten slightly, and milk. Fill two unbaked crusts and bake in a slow oven. Individual pumpkin pies may be made by pouring the above mixture into patty pans lined with paste, and baking as pumpkin pie.

## MOCK CHERRY PIE.

$1\frac{1}{2}$  cups cranberries (cut in halves).  
 $1\frac{1}{4}$  cups sugar.  
 $\frac{1}{2}$  cup cold water.  
 $\frac{3}{4}$  cup raisins (seeded).  
 $\frac{1}{2}$  teaspoon vanilla.  
2 tablespoons Monarch Flour.  
Little bitter almond flavor.

Mix cranberries, raisins, flour and sugar; add water, vanilla and almond extract. Bake in two crusts.

## RAISIN PIE.

*Mrs. Fright.*

$1\frac{1}{2}$  cups raisins (stoned).  
1 cup sugar.  
1 egg.  
Juice and rind 1 lemon.  
1 tablespoon Monarch Flour

Cover raisins with cold water and cook slowly until tender. Beat egg, add sugar, lemon and flour. Add to first mixture and cook until thick. Bake between two crusts until brown.



## MINCE PIE MEAT.

3 lbs. raisins.	2 oz. orange peel.
3 lbs. currants.	6 tart apples (grated).
3 lbs. brown sugar.	1 oz. cinnamon.
3 lbs. suet (chopped fine).	2 nutmegs grated.
2 oz. lemon peel.	3 lemons (juice and rind).
	1 cup cider.

Cook first seven ingredients with a little water 15 minutes. Add spices, lemons and cider.

## MEAT PIE.

Cut tough meat in one inch cubes and cook slowly in boiling water until tender. Season with salt, pepper and onion juice. Thicken stock with flour moistened with cold water. Cut boiled potatoes in thick slices and add. Turn into a greased baking dish, cover with biscuit crust or pie paste, and bake in a hot oven. A pie funnel or inverted cup may be used to prevent crust from becoming soggy. Left over meat may be used.

## CHEESE STRAWS I.

*Mrs. L. Cooper.*

2 oz. butter.	1 egg.
4 oz. Monarch Flour.	Salt.
2 oz. grated cheese.	Cayenne.

Rub butter into flour, add cheese and seasonings, and mix to a stiff dough with the egg. Roll out  $\frac{1}{4}$  inch thick and cut into small fancy shapes, or in strips 5 inches long and  $\frac{1}{4}$  inch wide. Bake in a moderate oven until brown.

## CHEESE STRAWS II.

Roll left over pie paste or puff paste  $\frac{1}{4}$  inch thick, sprinkle with grated cheese, salt and cayenne. Fold and roll out again; repeat. Cut in strips  $\frac{1}{4}$  inch wide and 5 inches long, and bake until a light brown in a moderate oven. Serve with cheese or salad.

## NOODLES.

*Mrs. W. M. Rosebatch.*

1 egg.  
Salt.

1 tablespoon cold water.  
1 cup Monarch Flour.

Beat egg well, add salt, water, and sift the flour in gradually, beating until thick enough to roll. Roll very thin on floured board, cut in thin strips or fancy shapes and dry thoroughly. When needed cook in boiling salted water about 20 minutes. Serve with soup or with a white sauce.

## TART PASTE.

2 cups Monarch Flour.  $3\frac{1}{4}$  cup butter and lard (mixed).  
 $\frac{1}{4}$  teaspoon salt.  
 $\frac{1}{4}$  teaspoon baking powder. Cold water.

Mix as plain paste, adding butter in small pieces.

## TART SHELLS.

Roll puff paste or plain paste  $\frac{1}{8}$  inch thick. Cut in  $2\frac{1}{2}$  inch squares. Brush corners with cold water and fold towards centre; press lightly and chill. Bake in a hot oven 15 minutes. When cold press down centres and fill with jam, jelly or lemon filling.

## BUTTER TARTS.

*Mrs. Luck.*

Line patty pans with puff or tart paste and fill with the following mixture:

## FILLING.

- |                               |                    |
|-------------------------------|--------------------|
| 1 tablespoon butter (melted). | 1 cup currants.    |
| 1 egg (well beaten).          | 1 cup brown sugar. |
| Nutmeg or lemon juice.        |                    |

Beat together until creamy, drop from teaspoon in each tart and bake in a moderate oven until firm.

## BANBURY TARTS.

- |                             |               |
|-----------------------------|---------------|
| 2 cups raisins (chopped).   | 2 cups water. |
| 2 lemons.                   | 2 cups sugar. |
| 2 tablespoons Monarch Flour | Tart paste.   |

Slice lemons, remove seeds and cook until tender in double cooker; put through a food chopper. Put raisins and lemons in water in which lemons were cooked, add sugar and thicken with flour dissolved in a little cold water. Allow mixture to stand twenty-four hours before using. If placed in glass jars it will keep several days. Cut paste in rounds with biscuit cutter, put a teaspoon of filling on each, fold like a turnover, pinch edges and bake.

## APRICOT TARTS.

Drain the syrup from a can of apricots; add  $\frac{1}{2}$  cup sugar, and cook until a thick syrup is formed, then cool. Cover inverted patty pans with puff paste and bake. Place a canned apricot in each shell and pour over each a teaspoon of syrup.

## Cakes

Cakes are divided into two classes—butter cakes and cakes without butter, or sponge cakes. Several kinds of cake can easily be made from one recipe by varying the flavorings, spices and fruits, by baking the same mixture in pans of different shapes, by using different frostings and fillings, or by leaving it plain.

### GENERAL RULES.

Generally a cake should contain not more than one-third to one-half as much butter as sugar, and about half as much liquid as flour.

A cake with fruit should be a little stiffer than one without.

The more eggs there are in a cake the less baking powder is needed.

Pastry flour makes lighter and more tender cake than bread flour.

Use fresh butter, fresh eggs, Monarch Pastry Flour and fruit or fine granulated sugar.

The oven must be ready when cake is mixed.

Grease pans or place a greased paper in bottom of pan. When making a fruit cake or any cake requiring long baking, line sides and bottom of pan with several layers of greased paper.

If only yolks of eggs are used the cake will be richer; if only whites it is lighter.

To make a fine-grained cake, butter and sugar must be thoroughly creamed together. Long beating also makes a



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fine-grained cake, while short beating makes cake light and more delicate.

Do not stir cake; beat thoroughly, enclosing as much air as possible each time.

Fill pans not more than two-thirds full, making a slight depression in the centre.

## TO MIX A BUTTER CAKE.

Mix flour with baking powder, and spice if used. Cream the butter, add the sugar gradually, and cream together. Add well-beaten yolks, and then flour and baking powder alternately with the milk. Lastly, add flavoring and stiffly beaten whites of eggs. For a plain cake eggs may be added without separating.

## DIRECTIONS FOR BAKING.

No matter how skilfully a cake is mixed it will be spoiled if not properly baked. If put in too slow an oven the cake often rises over sides of pan and is very coarse in texture; if put in too hot an oven it browns before it is fully risen, and cracks open. A cake will also crack on top if too much flour has been used. If cake browns too much on top cover with paper. If too hot on bottom use an asbestos mat. Cakes should not be jarred or moved, especially during first 10 or 15 minutes. Do not open oven door too wide, because cold air will cause cake to fall. Layer cakes or small cakes require a hotter oven than a loaf cake. A cake is done when a knitting needle comes out smooth and clean, and when it shrinks from sides of

# MONARCH FLOUR

pan. Remove cake from pan as soon as it is taken from oven.

Cooked frostings may be put on cake when cold, but it is best to have cake warm when uncooked frostings are used.

## SPANISH LOAF CAKE.

*Miss Gertrude Meek.*

- |                           |                                    |
|---------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter. | $1\frac{1}{2}$ cups Monarch Flour. |
| 1 cup brown sugar.        | 2 teaspoons baking powder.         |
| 2 eggs.                   | $\frac{1}{2}$ teaspoon cinnamon.   |
| $\frac{1}{2}$ cup milk.   | $\frac{1}{4}$ teaspoon cloves.     |

Make as standard loaf cake, adding spice sifted in the flour. Bake about 30 minutes in a moderate oven.

## ALMOND LOAF CAKE.

*Mrs. E. D. McMichael.*

- |  |                            |
|--|----------------------------|
| 1 cup butter.                          | 1 lb. almonds (blanched).  |
| $1\frac{1}{2}$ cups sugar.             | 2 cups Monarch Flour.      |
| 3 eggs.                                | 2 teaspoons baking powder. |
| $\frac{1}{2}$ cup milk.                | Grated rind 1 lemon.       |
| $\frac{1}{2}$ teaspoon almond extract. |                            |

Make as standard loaf cake, adding almonds (cut lengthwise), dredged with part of flour, and reserving enough split in half to cover top of cake. Bake in a moderate oven 45 minutes.

## SEED CAKE.

*Mrs. Bradie.*

- |                           |                                    |
|---------------------------|------------------------------------|
| $\frac{1}{4}$ cup butter. | $1\frac{2}{3}$ cups Monarch Flour. |
| $\frac{3}{4}$ cup sugar.  | 3 teaspoons baking powder.         |
| 1 egg.                    | $\frac{1}{4}$ teaspoon salt.       |
| $\frac{3}{4}$ cup milk.   | 1 tablespoon caraway seeds.        |
|                           | $\frac{3}{4}$ teaspoon vanilla.    |

Make as standard loaf cake, adding caraway seeds last. Bake in a moderate oven about 35 minutes.

## WALNUT CAKE.

*Mrs. Herson.*

- |                           |  |
|---------------------------|--|
| $\frac{1}{2}$ cup butter. | $1\frac{3}{4}$ cups Monarch Flour.     |
| 1 cup sugar.              | $2\frac{1}{2}$ teaspoons baking powder |
| Yolks 3 eggs.             | Whites 2 eggs.                         |
| $\frac{1}{2}$ cup milk.   | $\frac{3}{4}$ cup walnuts (chopped).   |

Cream the butter, add sugar gradually, and then beaten yolks of eggs. Beat thoroughly. Sift flour and baking powder, and add alternately with the milk. Fold in stiffly beaten whites of eggs; add walnuts. Bake in a moderate oven 45 minutes.

## STANDARD LOAF CAKE.

*Mrs. L. Gilchrist.*

- |                           |                                    |
|---------------------------|------------------------------------|
| $\frac{1}{4}$ cup butter. | $1\frac{3}{4}$ cups Monarch Flour. |
| $\frac{3}{4}$ cup sugar.  | 3 teaspoons baking powder.         |
| 2 eggs.                   | $\frac{1}{2}$ teaspoon salt.       |
| $\frac{1}{2}$ cup milk.   | $\frac{1}{2}$ teaspoon vanilla.    |

Cream the butter, add sugar gradually and cream the mixture. Add well-beaten eggs. Mix and sift flour,







# MONARCH - FLOUR

baking powder and salt, and add alternately with the milk. Add vanilla. Pour into a greased loaf tin and bake in a moderate oven 45 minutes.

## VARIATIONS OF STANDARD LOAF CAKE.

### 1. Spice Cake.

To cake mixture add  $\frac{1}{2}$  tablespoon spice sifted with flour.

### 2. Nut Cake.

To cake mixture add  $\frac{3}{4}$  cup chopped nuts just before pouring into tins.

### 3. Fruit Cake.

To cake mixture add  $\frac{3}{4}$  cup raisins, currants, figs or dates. Dredge with flour and add last.

Note.—This cake may be baked in layer cake pans.

**This is one of the recipes for which a \$10 prize was given.**

## ORANGE CAKE.

*Mrs. Price.*

$\frac{1}{2}$ cup butter.	2 cups Monarch Flour.
1 cup brown sugar.	2 teaspoons baking powder.
Yolk 1 egg.	Whites 2 eggs.

Grated rind 1 orange.

Cream the butter, add the sugar gradually, and then beaten yolk of egg. Sift flour and baking powder, and add alternately with the milk. Add grated rind of orange and stiffly beaten whites of eggs. Bake in layer cake pans about 20 minutes. Cool, place orange filling between layers and ice with orange frosting.

# MONARCH - FLOUR

## GOLD CAKE.

*Mrs. M. L. Harding.*

$\frac{3}{4}$  cup butter.

1 cup sugar.

Yolks 8 eggs.

$\frac{1}{2}$  cup milk.

2 cups Monarch Flour.

1 teaspoon cream of tartar.

$\frac{1}{2}$  teaspoon soda.

1 teaspoon orange extract.

Cream the butter, add sugar gradually, and then beaten yolks of eggs. Sift flour and cream of tartar, and add alternately with milk in which soda is dissolved. Add flavoring. Bake in a loaf tin in a moderate oven 40 to 50 minutes.

## MARBLE CAKE.

*Mrs. B. Palmatcer.*

### Light Part.

$\frac{1}{4}$  cup butter.

$\frac{3}{4}$  cup sugar.

$\frac{1}{4}$  cup milk.

1 cup Monarch Flour.

1 teaspoon baking powder.

Whites 2 eggs.

### Dark Part.

$\frac{1}{4}$  cup butter.

$\frac{1}{2}$  cup sugar.

$\frac{1}{4}$  cup molasses.

Yolks 2 eggs.

$1\frac{1}{4}$  cups Monarch Flour.

3 teaspoons baking powder.

$\frac{1}{2}$  teaspoon each cinnamon, nutmeg, mace and cloves.

$\frac{1}{4}$  cup milk.

Mix each part separately in the order given. Pour into a loaf tin a spoonful at a time alternately. Bake in a moderate oven.

# MONARCH FLOUR

## APPLE SAUCE CAKE (Eggless).

*Mrs. Collins.*

- |                                  |                                    |
|----------------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter.        | 1 oz. mixed peel.                  |
| 1 cup brown sugar.               | $2\frac{1}{2}$ cups Monarch Flour. |
| 1 cup apple sauce (unsweetened). | 1 teaspoon soda.                   |
| 1 teaspoon cinnamon.             | $\frac{1}{2}$ cup raisins.         |
|                                  | $\frac{1}{2}$ cup currants.        |

Cream the butter, add the sugar, apple sauce and spice. Sift flour and soda over mixed fruit, and add to first mixture. Mix thoroughly, and pour into a loaf tin lined with buttered paper. Bake about 50 minutes in a slow oven.

## ONE EGG LAYER CAKE.

*Miss Lesley Blakley.*

- |                           |  |
|---------------------------|--|
| $\frac{1}{4}$ cup butter. | $\frac{1}{2}$ cup milk.                |
| $\frac{1}{2}$ cup sugar.  | $1\frac{1}{2}$ cups Monarch Flour.     |
| 1 egg.                    | $2\frac{1}{2}$ teaspoons baking powder |

Cream butter, add sugar and well-beaten egg. Add flour and baking powder alternately with the milk. Bake 20 minutes in a moderate oven in small layer cake pans.

## FIG CAKE.

*Mrs. E. Marks.*

- |                              |                                       |
|------------------------------|---------------------------------------|
| $\frac{1}{2}$ cup butter.    | 4 cups Monarch Flour.                 |
| $1\frac{1}{2}$ cups sugar.   | 4 teaspoons baking powder.            |
| 2 eggs.                      | 1 cup figs (chopped).                 |
| 1 cup milk.                  | 1 cup peel (thinly sliced).           |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{4}$ lb. almonds (blanched). |

Make as standard loaf cake, adding fruit dredged with part of flour last. Bake in a moderate oven.

## DARK LAYER CAKE.

*Mrs. Wing.*

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1 tablespoon butter.           | $\frac{1}{2}$ cup sour milk.          |
| $\frac{1}{2}$ cup brown sugar. | 1 teaspoon soda.                      |
| 1 egg.                         | $1\frac{1}{2}$ cups Monarch Flour.    |
| $\frac{1}{2}$ cup molasses.    | $\frac{1}{2}$ lemon (juice and rind). |

Cream butter, add sugar and beat thoroughly. Add beaten egg, molasses and part of sifted flour. Dissolve soda in sour milk and add alternately with flour and lemon juice and rind. Bake in layer cake pans, and put boiled frosting between and on top. Chopped dates or raisins may be added to filling if desired.

## DEVIL'S FOOD I.

*Mrs. F. W. Jackson.*

- |  |                                    |
|--|------------------------------------|
| $\frac{3}{4}$ cup cocoa or grated chocolate. | 1 cup brown sugar.                 |
| $\frac{1}{2}$ cup brown sugar.               | 2 eggs.                            |
| $\frac{1}{2}$ cup coffee.                    | $\frac{1}{2}$ cup coffee.          |
| $\frac{1}{2}$ cup butter.                    | 1 teaspoon soda.                   |
|  | 2 teaspoons cream of tartar.       |
|  | $1\frac{3}{4}$ cups Monarch Flour. |

Mix cocoa and one-half cup brown sugar, add one-half cup coffee and cook 3 minutes, or until it thickens; cool. Cream the butter, add gradually one-half cup sugar, eggs well beaten, and one-half cup coffee with soda dissolved in it. Add cocoa mixture and beat thoroughly; add flour and cream of tartar sifted together. Bake in layer cake pans in a moderate oven 25 minutes. Cool and put boiled or chocolate frosting between layers and on top of cake.

## DEVIL'S FOOD II.

*Mrs. W. S. Davey*

2 tablespoons cocoa,	$\frac{1}{2}$ cup sour milk.
1 egg.	1 teaspoon soda.
$\frac{1}{2}$ cup sour milk.	$1\frac{1}{2}$ cups Monarch Flour.
1 tablespoon butter.	Salt.
1 cup brown sugar.	1 tablespoon vanilla.

Heat cocoa, yolk of egg and one-half cup sour milk in double cooker until thick. Set aside to cool. Cream butter, add sugar, beaten white of egg and one-half cup sour milk with soda dissolved in it. Beat thoroughly. Add flour and salt sifted together and vanilla. Combine mixtures. Bake in a loaf tin or in layer cake pans.

## CHOCOLATE CAKE.

*Mrs. Ed. Moody.*

$\frac{1}{2}$ cup butter.	Whites 2 eggs.
$1\frac{1}{2}$ cups sugar.	2 cups Monarch Flour.
Yolks 3 eggs.	1 teaspoon cream of tartar.
$\frac{3}{4}$ cup milk.	$\frac{1}{2}$ teaspoon soda.
1 oz. unsweetened chocolate.	

Cream the butter, add sugar and beaten eggs. Sift flour, baking soda and cream of tartar, and add alternately with the milk. Melt chocolate over hot water and stir into the batter. Bake in a loaf tin in a moderate oven. Cover with boiled or plain frosting.



## POTATO CAKE.

*Mrs. J. G. Duinn.*

1 cup butter.	Salt.
2 cups sugar.	2 teaspoons cinnamon.
4 eggs.	1½ teaspoons cloves.
1 cup potatoes (hot, mash- ed).	2 cups Monarch Flour.
	2 teaspoons baking powder.
½ cup milk.	2 cups walnuts (chopped).
½ cup chocolate (melted).	½ teaspoon vanilla.

Cream the butter, add sugar gradually, yolks of eggs and potatoes. Beat lightly; add melted chocolate. Sift flour, baking powder and salt and add alternately with the milk. Add whites of eggs beaten stiff with a pinch of salt, walnuts and vanilla. Bake in a shallow pan 50 minutes.

## HOT WATER GINGERBREAD.

*Mrs. Thorne.*

1 egg.	2½ cups Monarch Flour.
2 tablespoons brown sugar.	1 teaspoon soda.
3 tablespoons butter, melted.	1 teaspoon ginger.
1 cup molasses.	1 teaspoon cinnamon.
1 cup boiling water.	

Beat the egg thoroughly, add the sugar, butter, molasses, flour sifted with spices and the soda dissolved in the boiling water. Pour into a greased pan and bake 25 to 30 minutes in a slow oven. Served with whipped cream this gingerbread makes an excellent pudding.



## SOUR MILK GINGERBREAD.

*Miss E. Finney.*

$\frac{1}{2}$ cup butter and lard.	$\frac{1}{2}$ cup sour milk.
$\frac{1}{2}$ cup brown sugar.	2 cups Monarch Flour.
2 eggs.	1 teaspoon soda.
$\frac{1}{2}$ cup molasses.	1 tablespoon ginger.
	$\frac{1}{2}$ teaspoon salt.

Cream butter and lard, add sugar and beaten eggs. Mix molasses and sour milk, dissolve the soda in them, and add to first mixture. Add flour, ginger and salt sifted together. Pour into a greased pan and bake 45 minutes in a slow oven.

## ANGEL CAKE.

*Mrs. E. E. Lyne.*

Whites 13 eggs.	1 cup Monarch Flour.
1 cup sugar.	1 teaspoon cream of tartar.
$\frac{1}{4}$ teaspoon salt.	Flavoring.

Beat whites of eggs until frothy, but not stiff; sift in sugar gradually, beating all the time. Mix and sift flour, salt and cream of tartar six times; fold into the above mixture slowly and as lightly as possible. Add flavoring. Bake in an unbuttered funnel pan in a very slow oven one hour. Do not open oven door for first 15 minutes. When done invert on two tumblers and allow it to stand until cold. Equal parts of vanilla, rose water and bitter almond flavoring may be used for this cake. Five drops of this mixture is sufficient.

## RIBBON CAKE.

*Miss Jessie Harris.*

- |                       |                              |
|-----------------------|------------------------------|
| 1 cup butter (scant). | 2 teaspoons cream of tartar. |
| 2 cups sugar.         | 1 teaspoon soda.             |
| 4 eggs.               | 1 teaspoon lemon extract.    |
| 1 cup milk.           | 1 teaspoon vanilla.          |
| 3 cups Monarch Flour. | Few drops cochineal.         |
|                       | 2 tablespoons molasses.      |

Mix first seven ingredients as standard cake. Divide mixture into three parts. Flavor first part with lemon extract. Flavor second part with vanilla, and color pink with a few drops of cochineal. To the third part add molasses and enough flour to make it the proper consistency. Bake in three layer cake pans in a moderate oven. When cool spread between layers and top of cake with boiled frosting, placing the pink layer in the centre.

## DATE CAKE.

- |                       |                            |
|-----------------------|----------------------------|
| 1 lb. dates (stoned). | 2½ teaspoons baking powder |
| 1 lb. walnuts.        | 1 cup granulated sugar.    |
| 1 cup Monarch Flour   | 4 eggs.                    |
| ½ teaspoon salt.      | 1 teaspoon vanilla.        |

Stone dates and add walnuts. Do not chop. Sift over them the flour, baking powder and salt and mix thoroughly. Add sugar, whites of eggs beaten stiff and yolks beaten until lemon-colored. Add vanilla. Bake in a loaf tin in a moderate oven 1 hour.

## JELLY ROLL.

Yolks 3 eggs.	1 cup Monarch Flour.
1 cup sugar.	1 teaspoon baking powder.
3 tablespoons hot water.	$\frac{1}{4}$ teaspoon salt.
Whites 3 eggs.	

Beat yolks, add sugar gradually; then add water, whites of eggs beaten until stiff, and flour, baking powder and salt sifted together. Bake in a buttered shallow pan 12 minutes in a moderate oven. Turn on a cloth, sprinkle with powdered sugar, and cut off a thin strip from sides and ends. Spread with jelly or jam, roll quickly, placing cloth around cake in order to keep it in shape. Work quickly or cake will crack in rolling.

## SPONGE CAKE.

*Miss M. E. Martin.*

Yolks 5 eggs.	Whites 5 eggs.
1 cup sugar.	1 cup Monarch Flour.
1 teaspoon lemon extract.	1 teaspoon baking powder.
$\frac{1}{4}$ teaspoon salt.	

Beat the yolks of eggs until thick and lemon-colored, add sugar gradually, and continue beating, then add the lemon extract, whites of eggs beaten until stiff, and flour, baking powder and salt sifted together. Bake in an un-buttered pan in a moderate oven 40 minutes.

## NUT COFFEE CAKE.

2 cups Monarch Flour.  $\frac{1}{4}$  teaspoon cinnamon.  
 3 tablespoons sugar. 1 teaspoon salt.  
 3 tablespoons pecans (chopped). 1 teaspoon baking powder.  
 $1\frac{1}{2}$  tablespoons butter.  $\frac{1}{2}$  cup milk.  
 $1\frac{1}{2}$  tablespoons currants.

Mix cinnamon, one-half of the sugar and nuts, and set aside. Mix the remainder of the ingredients as for tea biscuits, and spread with first mixture. Bake 15 to 20 minutes in a hot oven.

## COCOANUT SNOWBALL CAKE.

*Mrs. Eva Price.*

$1\frac{1}{2}$  tablespoons butter.  $\frac{1}{2}$  cup cocoanut milk, or  
 1 cup sugar (scant), cocoanut milk and water  
 Yolks 3 eggs.  $1\frac{3}{4}$  cups Monarch Flour  
 $\frac{1}{4}$  teaspoon salt. (sifted).  
 1 teaspoon vanilla. 2 teaspoons baking powder.

Cream the butter, add sugar gradually, then the beaten yolks of eggs. Beat thoroughly. Pierce eyes of cocoanut and stand over cup to drain until sufficient to make one-half cup (if not enough add cold water to that amount). Strain through cheesecloth and add alternately with flour, baking powder and salt sifted together. Add vanilla. Turn into greased and lightly floured layer cake pans and bake in a moderate oven 15 to 20 minutes.



## FROSTING AND FILLING.

1 cocoanut.

 $\frac{1}{2}$  cup water.

1 cup sugar.

Whites 3 eggs.

Break cocoanut into large pieces, remove inner brown skin and grate on a coarse grater. Dissolve sugar in water and boil until a soft ball will form when dropped into cold water. Remove from heat and add gradually to stiffly beaten eggs. To one-half cup grated cocoanut add part of the mixture and place between layers. Ice cake by spreading mixture thickly on top and sides; then sprinkle the remainder of grated cocoanut over it, piling it high to resemble a snowball.

**This is one of recipes for which a \$10  
prize was given.**

## MOLLY'S CAKE.

*Miss J. Pearl Forfar.* $\frac{1}{2}$  cup butter.

2 cups Monarch Flour.

1 cup sugar.

2 teaspoons baking powder.

 $\frac{1}{2}$  cup milk.

1 teaspoon vanilla.

Whites 3 eggs.

Cream the butter, add sugar gradually and cream together. Add half of milk, then half of sifted dry ingredients. Add remainder of milk and sifted dry ingredients. Add vanilla, and fold in whites of eggs beaten until stiff. Bake in a shallow greased pan in a moderate oven 20 to 30 minutes. Cover with egg frosting.

## CHRISTMAS CAKE.

*Miss Marjorie Cork.*

- |                             |                              |
|-----------------------------|------------------------------|
| 1 lb. butter.               | 1 lb. currants.              |
| 1 lb. sugar.                | 1 lb. mixed peel (shredded)  |
| 12 eggs.                    | 1 lb. crystallized cherries. |
| 1 lb. Monarch Flour.        | 1 lb. crystallized pineapple |
| 1 tablespoon cinnamon.      | (diced).                     |
| 1 tablespoon nutmeg (scant) | 1 lb. almonds (blanched and  |
| 1/2 tablespoon allspice.    | cut fine).                   |
| 1 teaspoon cloves (scant).  | 1 lb. walnuts or pecans (cut |
| 2 teaspoons baking powder   | fine).                       |
| (heaping).                  | 2 teaspoons melted chocolate |
| 1 glass grape jelly.        | 1 glass grape juice.         |
| 4 lbs. raisins (seeded).    | 2 teaspoons rose water.      |

Soak almonds over night in the rose water, and soak the fruit in the grape juice. Cream the butter, add the sugar gradually and cream well together. Add well-beaten yolks of eggs, then the spices, grape jelly and chocolate. Add the stiffly beaten whites of eggs and part of the flour sifted with the baking powder. Dredge the fruit with the rest of the flour, mixing it into the cake in small quantities. Add the nuts. Steam from 4 to 6 hours in small or large moulds, and dry in a very slow oven for one hour.

**This recipe won the \$25 prize awarded for the best Christmas Cake.**

## LIGHT FRUIT CAKE.

*Mrs. A. J. Broughton.*

- |                                |  |
|--------------------------------|--|
| 1 lb. butter.                  | 3 lbs. raisins (seeded and cut in pieces). |
| 1 lb. brown sugar.             | 1 lb. currants.                            |
| 12 eggs.                       | 1 lb. citron and lemon peel.               |
| 1 lb. Monarch Flour.           | 1/2 lb. crystallized cherries.             |
| 1/2 cup Monarch Flour (extra). | 1/2 lb. almonds (blanched).                |
| 3 teaspoons cinnamon.          | 1 lemon (juice and grated rind).           |
| 2 teaspoons allspice.          | 2 oz. rose water.                          |
| 2 teaspoons nutmeg.            | 1/2 cup cold coffee.                       |
| 1 teaspoon mace.               | 1/2 cup cherry juice.                      |
| 1/2 teaspoon cloves.           |  |

Cream the butter, add sugar gradually, yolks of eggs well beaten; then whites of eggs beaten stiff, lemon juice and rind. Beat thoroughly. Sift flour with spices, and add alternately with the liquid. Dredge fruit with part of extra flour and add to mixture. Dredge the peel with the rest of the flour. Line pan bottoms and sides with three thicknesses of paper, butter top layer only; pour a layer of the cake mixture into the pan, then a layer of peel, and repeat until pan is two-thirds full, having cake mixture on top. Bake in a slow oven, placing buttered paper over the pans. If in one large cake, bake four hours; if in smaller cakes two to three hours will be sufficient.

## CORNSTARCH CAKE.

*Mrs. W. Boag.*

1 cup butter.	2½ cups Monarch Flour.
2 cups sugar.	½ teaspoon soda.
1 cup sweet milk.	1 teaspoon cream of tartar.
1 cup cornstarch.	Whites 6 eggs.
	½ teaspoon vanilla.

Make as Molly's cake. Bake in a loaf pan.

## DARK FRUIT CAKE.

*Miss Margaret Thompson.*

1¼ lbs. butter.	Cloves, cinnamon, allspice,
1¾ cups sugar.	mace, 1 teaspoonful each
12 eggs.	½ teaspoon nutmeg.
4 cups Monarch Flour.	3 lbs. raisins.
1 teaspoon soda.	3 lbs. currants.
1 tablespoon hot water.	1 lb. citron peel (cut fine).
1 cup molasses.	1 lb. lemon and orange peel
1 cup coffee.	(cut fine).
1 wine glass each wine	½ lb. walnuts (cut fine).
and brandy.	

Cream the butter, add the sugar gradually; then the eggs one at a time. Mix thoroughly and add molasses, wine, brandy, coffee, soda dissolved in hot water, then flour and spices sifted together. Add fruit and nuts dredged with two tablespoons of flour reserved from the four cups. Bake in a slow oven three hours.

## Cake Fillings and Frostings

### CREAM FILLING.

1 cup milk. 1/8 teaspoon salt.  
 1/3 cup sugar. 1 egg.  
 1/3 cup Monarch Flour. 1/2 teaspoon vanilla.

Mix sugar, flour and salt, and add scalded milk. Cook in a double cooker 15 minutes, stirring constantly until thickened. Add vanilla and cool before spreading on cake.

### ORANGE FILLING.

1/2 cup sugar. Juice 1/2 orange.  
 2 tablespoons Monarch Flour 1/2 tablespoon lemon juice.  
 Grated rind 1/2 orange. Yolks 2 eggs.  
1 teaspoon butter.

Mix in order given. Cook in double cooker for 10 minutes and cool.

### LEMON FILLING.

3/4 cup sugar. 3 tablespoons lemon juice.  
 2 tablespoons Monarch Flour Yolks 2 eggs.  
 Grated rind 1 lemon. 1 teaspoon butter.

Mix in order given. Cook in double cooker for 10 minutes and cool.

### FRUIT FILLING.

To boiled frosting add chopped dates, figs, raisins, candied cherries or nuts, separately or in combination.



## APPLE FILLING.

1 egg. 1 lemon (juice and grated  
1 cup sugar. rind).  
3 apples (grated).

Cook together in double cooker until thickened.

## PLAIN FROSTING.

White 1 egg.  $\frac{1}{2}$  teaspoon vanilla.  
Icing sugar.

Beat egg until stiff, add vanilla and icing sugar until thick enough to spread.

## BOILED FROSTING.

1 cup sugar. White 1 egg.  
 $\frac{1}{3}$  cup boiling water.  $\frac{1}{2}$  teaspoon vanilla.

Dissolve sugar in boiling water. Boil slowly without stirring until a soft ball can be formed when tried in cold water. Pour slowly on stiffly beaten white of egg, beating constantly. Add vanilla and beat until thick enough to spread.

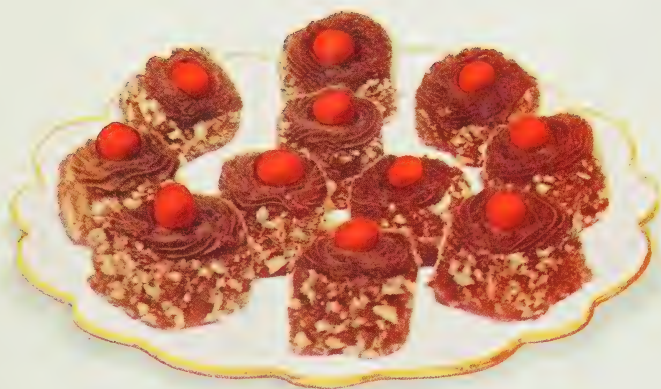
## EGG FROSTING.

Yolks 3 eggs. 1 cup icing sugar.  
 $\frac{1}{2}$  teaspoon vanilla.

Mix ingredients and beat 15 minutes. Spread on cake.

## MARSHMALLOW FROSTING.

To boiled frosting add 8 or 10 marshmallows cut in pieces. The marshmallows should not melt.





## MOCHA FROSTING.

1 cup icing sugar. . . . . 2 teaspoons cocoa.  
 1 tablespoon butter. . . . .  $\frac{1}{2}$  teaspoon vanilla.  
 Strong coffee.

Cream the butter, add sugar, cocoa and vanilla. Add coffee slowly until thick enough to spread.

## CHOCOLATE FROSTING.

1 cup sugar. . . . . Yolks 2 eggs.  
 $\frac{1}{2}$  cup water. . . . . 1 oz. chocolate (melted).  
 $\frac{1}{2}$  teaspoon vanilla.

Boil sugar and water until it threads. Pour slowly on beaten yolks of eggs, beating constantly. Then pour this mixture on melted chocolate; add vanilla and beat until thick enough to spread.

## ORANGE FROSTING.

Grated rind 1 orange. . . . . 1 tablespoon orange juice.  
 1 teaspoon lemon juice. . . . . Yolk 1 egg.  
 Icing sugar.

Mix fruit juices and orange rind and allow to stand 15 minutes. Strain and add gradually to beaten yolk of egg; then add icing sugar until thick enough to spread.

## Cookies and Small Cakes

### PLAIN COOKIES.

*Mrs. L. M. Thomson.*

- |                           |  |
|---------------------------|--|
| $\frac{1}{2}$ cup butter. | 2 teaspoons baking powder.             |
| 1 cup sugar.              | $2\frac{1}{2}$ cups Monarch Flour.     |
| 2 eggs.                   | $\frac{1}{2}$ teaspoon nutmeg (grated) |
| 1 tablespoon milk.        | $\frac{1}{2}$ teaspoon lemon extract.  |

Cream the butter, add sugar, beaten eggs, milk and flavoring, then mixed and sifted dry ingredients. Chill thoroughly. Toss mixture on a floured board. Roll  $\frac{1}{4}$  of dough at a time and cut. Bake on a buttered sheet in a moderate oven.

### COCOANUT COOKIES.

*Mrs. T. V. Michener.*

- |                                       |                           |
|---------------------------------------|---------------------------|
| 1 cup butter.                         | 2 cups shredded cocoanut. |
| $1\frac{1}{2}$ cups sugar.            | 1 teaspoon baking powder. |
| 2 eggs.                               | 3 cups Monarch Flour.     |
| 1 teaspoon vanilla or almond extract. |                           |

Cream the butter, add sugar, beaten eggs, cocoanut and flavoring. Add flour and baking powder mixed and sifted together. Roll very thin. Bake on a buttered sheet in a moderate oven about 10 minutes. This amount will make about four dozen cookies.

**This is one of the recipes for which a  
\$10 prize was given.**



# MONARCH - FLOUR

## GINGER COOKIES.

$\frac{1}{2}$ cup shortening.	$\frac{1}{2}$ teaspoon soda.
$\frac{1}{2}$ cup brown sugar.	$\frac{1}{2}$ teaspoon ginger.
$\frac{1}{2}$ cup molasses.	$\frac{1}{4}$ teaspoon cinnamon.
1 egg.	$\frac{1}{4}$ teaspoon allspice.
Salt.	$\frac{1}{8}$ teaspoon cloves.

Monarch Flour.

Cream together the shortening and sugar, add molasses, egg well beaten, and spices sifted with one cup of flour. Mix well and add flour to make a stiff dough. Roll very thin and cut with a cookie cutter. Bake in a moderate oven.

## VANILLA WAFERS.

*Mrs. W. S. Davey.*

1 cup butter.	$\frac{1}{4}$ teaspoon salt.
2 cups sugar.	3 teaspoons baking powder.
1 egg.	5 cups Monarch Flour.
1 cup cold water.	1 tablespoon vanilla.

Mix as plain cookies. Roll very thin and bake on buttered tins in a moderate oven.

## LEMON COOKIES.

*Miss Ami Ruston.*

$\frac{1}{2}$ cup butter.	$\frac{1}{4}$ cup milk.
1 cup sugar.	1 $\frac{1}{2}$ teaspoons baking powder.
2 eggs.	3 cups Monarch Flour.
$\frac{1}{2}$ lemon (juice and grated rind).	

Mix and bake as plain cookies.

## GRAHAM COOKIES.

1 egg.	$\frac{1}{4}$ teaspoon nutmeg.
2 tablespoons butter, melted.	1 cup sour cream.
1 tablespoon molasses.	1 teaspoon soda.
$\frac{1}{2}$ teaspoon lemon extract.	$2\frac{1}{2}$ cups Graham flour.

Beat eggs, add melted butter, molasses and flavoring, then sour cream in which soda has been dissolved. Add Graham flour and mix thoroughly. Drop from a teaspoon on a buttered baking sheet two inches apart. Place a walnut meat in the centre of each, sprinkle with granulated sugar and bake in a moderate oven.

## OATMEAL DATE COOKIES.

*Mrs. A. Mullins.*

1 cup butter.	1 teaspoon soda.
$1\frac{1}{2}$ cups brown sugar.	2 cups rolled oats.
1 egg.	2 cups Monarch Flour.
$\frac{3}{4}$ cup sour cream.	Date filling.

Cream the butter and sugar, add beaten egg, soda dissolved in sour cream, then mixed and sifted dry ingredients. Roll to  $\frac{1}{4}$  inch in thickness, spread filling on one half, covering with the other half. Cut in any shape desired; and bake in a moderate oven.

### FILLING.

1 lb. dates (stoned).	$\frac{2}{3}$ cup boiling water.
	1 cup sugar.

Wash and stone dates, add sugar and water, and cook until thickened; cool.

## BOSTON COOKIES.

*Mrs. G. C. Bog.*

1 cup butter.	$\frac{1}{2}$ teaspoon soda.
$1\frac{1}{2}$ cups sugar.	4 cups Monarch Flour.
2 eggs.	$\frac{1}{2}$ cup chopped walnuts.
$\frac{1}{4}$ cup warm water.	1 cup chopped raisins.
4 drops almond extract.	

Cream butter, add sugar, water, beaten eggs and flavoring, then mixed and sifted dry ingredients. Add nuts and fruit dredged with a little of the flour. Drop on buttered tins and bake in a moderate oven.

## OATMEAL MACAROONS.

*Mrs. Jackman.*

2 tablespoons butter.	2 tablespoons Monarch Flour.
1 cup sugar.	2 teaspoons baking powder.
2 eggs.	2 cups rolled oats.
$\frac{1}{2}$ teaspoon salt.	1 teaspoon vanilla.

Cream butter, add sugar, beaten eggs and flavoring; then add rolled oats with the mixed and sifted dry ingredients. Drop from a teaspoon on a buttered baking sheet two inches apart, and bake in a moderate oven.

## PEANUT COOKIES.

*Mrs. Pugh.*

$\frac{1}{4}$ cup butter.	1 cup Monarch Flour.
$\frac{1}{2}$ cup sugar.	2 teaspoons baking powder.
1 egg.	$\frac{1}{4}$ teaspoon salt.
2 tablespoons milk.	$\frac{3}{4}$ cup finely chopped peanuts.

Cream the butter, add sugar, beaten egg, milk and mixed and sifted dry ingredients; then add the peanuts. Drop from a teaspoon on a buttered baking sheet. Bake from 10 to 15 minutes in a moderate oven.

## CHOCOLATE WAFERS.

*Mrs. G. Durie.*

$\frac{1}{2}$ cup butter.	2 oz. chocolate.
1 cup brown sugar.	2 cups Monarch Flour.
1 cup white sugar.	1 teaspoon vanilla.
1 egg.	Salt.

Cream butter, add sugar, beaten egg, flavoring and chocolate melted over hot water. Beat thoroughly, and add the flour. Roll very thin and bake in a moderate oven until brown.

## MOCHA CAKES.

Bake sponge cake in a sheet; when cool cut into squares or rounds, spread mocha frosting over the top and sides of the cakes, then roll in shredded cocoanut, or in walnut or pecan meats chopped fine.

## DATE COOKIES.

*Mrs. R. Cumming.*

- |                              |                              |
|------------------------------|------------------------------|
| $\frac{1}{2}$ cup butter.    | 2 teaspoons cream of tartar. |
| $\frac{1}{2}$ cup lard.      | 1 teaspoon soda.             |
| 2 cups brown sugar.          | 4 cups Monarch Flour.        |
| 3 eggs.                      | 1 cup nuts (chopped).        |
| $\frac{1}{4}$ teaspoon salt. | 1 cup dates (cut finely).    |
|                              | 1 teaspoon vanilla.          |

Mix as plain cookies, adding nuts and fruit last. Roll thin and cut. Bake in a moderate oven.

## SCOTCH SHORTBREAD.

*Mrs. Stephens.*

- |                           |                                  |
|---------------------------|----------------------------------|
| $\frac{1}{2}$ lb. butter. | $\frac{3}{4}$ lb. Monarch Flour. |
| 6 oz. sugar (castor).     | $\frac{1}{4}$ lb. rice flour.    |
| 1 egg.                    | 1 teaspoon baking powder.        |

Squeeze as much water as possible from the butter, then cream with the sugar. Add egg and beat well. Mix half of flour with baking powder and rice flour, and sift into first mixture. Turn on a floured board, and knead in the remainder of the flour. After kneading thoroughly cut in two pieces, working each into a round with the hands about  $\frac{3}{4}$  inch thick. Lay on a piece of white floured paper, prick all over with a fork, and pinch around edges with the finger and thumb. Lift by the paper into flat tins, and bake in a moderate oven about 30 minutes. When cold place in a tin box for a few days before serving.



## QUEEN DROP CAKES.

*Mrs. Marsh.*

3 oz. butter.	¼ lb. Monarch Flour.
3 oz. sugar.	¼ lb. cornstarch.
2 eggs.	Ratafia.
½ teaspoon baking powder. Candied cherries.	

Cream butter, add sugar and well-beaten eggs; then flavoring. Add mixed and sifted dry ingredients. Drop from teaspoon on a buttered baking sheet one inch apart, and place half a cherry on top of each. Bake in a moderate oven until brown.

## GINGER SNAPS (Eggless).

*Mrs. Chas. Peclar.*

1 cup butter and lard.	1 teaspoon salt.
1 cup brown sugar.	1 teaspoon ginger.
1 cup molasses.	1 teaspoon cinnamon.
¼ cup warm water.	¼ teaspoon cloves.
1 teaspoon soda.	Monarch Flour.

Melt shortening and sugar, and allow to become quite warm, add molasses, salt and soda dissolved in warm water. Add spices sifted with a little flour, and then enough flour to make a stiff dough. Roll thin, cut and bake in a moderate oven.

## ALMOND WAFERS.

*Mrs. D. MacLean.*

$\frac{1}{4}$ lb. butter.	1 teaspoon baking powder.
1 tablespoon sugar.	1 cup Monarch Flour.
Yolk 1 egg.	White 1 egg.
$\frac{1}{2}$ cup icing sugar.	

Mix first five ingredients as for plain cookies, roll out to  $\frac{1}{8}$  inch thickness, cut with small round cutter. Beat white of egg stiff, add icing sugar, and drop a little of this mixture in the centre of each wafer. Sprinkle with finely chopped blanched almonds, and bake on a buttered paper in a moderate oven.

## PRISCILLA COOKIES.

*Mrs. L. W. Edwards.*

4 cups Monarch Flour.	$\frac{1}{2}$ cup butter.
4 cups rolled oats.	$\frac{1}{2}$ cup lard.
2 cups sugar.	1 cup cold water.
1 teaspoon salt.	$\frac{1}{2}$ cup raisins.
1 teaspoon soda.	$\frac{1}{2}$ cup currants.

Mix and sift the dry ingredients, work in the fat, add water and fruit. Stir well. Roll a little at a time, and cut into cookies. Place on buttered baking sheet and bake in a moderate oven.

## WALNUT WAFERS.

1 egg. 3 tablespoons butter, melted.  
 1 cup brown sugar.  $\frac{1}{4}$  cup Monarch Flour.  
 1 cup walnuts.

Beat egg slightly, add sugar, melted butter, flour and walnuts rolled once. Drop from tip of spoon on buttered sheet, and bake in a moderate oven.

## ROCKS.

*Mrs. C. McCarthy.*

$\frac{3}{4}$  cup butter. 1 teaspoon cinnamon.  
 1 cup brown sugar. 1 teaspoon cloves.  
 2 eggs. 2 cups Monarch Flour.  
 3 tablespoons warm water. 1 lb. dates (chopped).  
 1 teaspoon soda.  $\frac{1}{2}$  lb. raisins (cut fine).  
 $\frac{1}{4}$  lb. walnuts (chopped).

Cream butter, and sugar, add beaten egg, and water in which soda is dissolved; then the mixed and sifted dry ingredients, fruit and nuts. Drop in small spoonfuls on buttered baking sheet, and bake in a moderate oven. This amount will make 4 dozen small cakes.

## CREAM PUFFS.

*Mrs. L. W. Edwards.*

1 cup boiling water. 1 cup Monarch Flour.  
 $\frac{1}{2}$  cup shortening (scant). 3 eggs.

Pour boiling water into small saucepan and place on the stove. Add shortening, half butter and half lard, and while still boiling add the sifted flour. Stir until it is

smooth and free from lumps. Remove from stove, and when cool add eggs one at a time, stirring mixture thoroughly after each egg is added. Drop mixture on buttered tins in round, smooth cakes; then take a spoonful of dough, and with a silver knife drop irregular pieces from the spoon on top of the flat cakes, so that they will look rough when baked. Make them any size desired. Bake 25 minutes in a moderate oven, and do not open oven door for the first 10 minutes. If not thoroughly done when taken from the oven they fall. To make sure of their being thoroughly cooked take one out to see whether it falls or not. When cool fill with whipped cream flavored to taste.

## COCOANUT MACAROONS.

Whites 3 eggs.	1½ cups cocoanut.
1 cup granulated sugar.	3 soda biscuits.
1 tablespoon cornstarch.	Vanilla.

Mix sugar and cornstarch with stiffly beaten whites of eggs. Cook 15 minutes in a double boiler. Add cocoanut, soda biscuits rolled fine, and vanilla. Bake until brown in a slow oven.

## How to put up a Lunch

One of the most necessary and useful of accomplishments is the ability to arrange, prepare and pack a dainty lunch, which will be small in bulk, convenient to handle, appetizing and nourishing. One must consider the occupation, appetite and taste of the person for whom the lunch is prepared; the season and occasion will also make a difference. Business and school life, summer picnics and journeys depend greatly on the luncheon provided and packed at home.

### GENERAL RULES.

1. No food should be carried which is too perishable to arrive in good condition.
2. A supply of strong pasteboard boxes, not too bulky to carry, paraffin paper and strong cord should be kept on hand for such occasions.
3. If there is a frequent demand for luncheons, keep on hand potted meats, small glasses of jelly or jam, peanut butter, or other food which is suitable for a lunch basket.
4. Wrap sandwiches, cake, fruit, etc., in separate paraffin papers, to prevent absorption of flavors from other foods, and to keep moist.

Sandwich-making is an art in which few people excel. To prepare a good sandwich it is necessary to have a sandwich loaf, or one which will cut conveniently. Be sure to have the knife sharp. The butter should be cream-



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ed, not melted. Do not cut bread so thin that filling shows through. Spread slices so that they will fit when laid together, but do not remove the crusts unless the sandwiches are to be used for formal occasions. Fillings of meat are substantial and wholesome. Cold roast lamb, beef, boiled ham, or roast chicken cut in very thin slices, or passed through a food chopper may be used. Careful seasonings will add to the relish of these sandwiches; chopped capers, mustard or pickle are especially good with meat. For a lighter filling, cheese used alone, or combined with nuts, olives or salad dressing may be used. These may often take the place of a meat sandwich. Avoid soaking the bread when salad dressing is used. Honey, jam or jelly with nuts make a good sandwich; pimentos and ham, dates and nuts, ginger and orange are good combinations and lend variety. Serve two kinds of sandwiches in each lunch, a substantial kind and one with a lighter filling.

On long trips the lunch basket is best arranged in sections, so that the whole box need not be handled in order to get the variety it affords for one meal. A carefully arranged luncheon will decrease expense, and at the same time tempt the most wayward appetite. For such a trip it is wise to carry plenty of fruit, for that which is provided at wayside stations is expensive and far from being the best. Cold roast chicken should find a place in every traveler's lunch. Beef loaf, made of round steak passed through the food chopper, is a good substitute. Cheese, pickles, potato salad, cookies, nuts and rolls should be

given their place. Milk chocolate allays hunger, is nutritious and pleasant to the taste.

For the picnic a basket-work suitcase answers for a lunch basket. There is plenty of room to arrange several boxes, picnic plates, paper cups and napkins. Don't forget a corkscrew, water pail, coffee pot, matches and small hatchet.

The daily lunch of school children who cannot go home for the midday meal is a perplexing problem to a great many mothers. Always remember that a poorly nourished child will never make a good scholar. Any of the sandwiches mentioned may be used. A hard-cooked egg may be served plain or devilled. A few dates, figs, raisins or salted nuts are appetizing. A piece of home-made candy is always a pleasant "find." Avoid the use of condiments in a child's lunch. An orange can be peeled and quartered at home and the sections done up in oiled paper. The child seems to enjoy the fruit more without the trouble of preparing it, and keeps itself much cleaner. Rich cake and pastry should be omitted, but a piece of plain sponge cake or a few cookies are appropriate. A baked custard, apple and nut salad, or a bit of celery, are relished by any child.

If a little care is taken in the planning of the lunch basket there will be little difficulty in securing a wholesome variety of suitable food, and few lunches will be uneaten or thrown away.

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Ye Old Miller